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T.O. MAYOR CHARGES TOWARD HECKLER, LEAVES COUNCILLOR WITH BRUISED LIP, DECRIES 'COUP'

PAGE 8

8 out of 10's the way to go

In which the Danimal gets a lesson in scoring drugs at a hospital in Sketch-ville

PAGE 12

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Councillor rejects traffic survey findings



Traffic heads down a wet Bedford Highway on Monday. Despite a report's conclusion that the highway can support new commuters arising from five new developments, Coun. Tim Outhit says other transit options must be planned for, with at least some funding from developers. JEFF HARPER/METRO

Have road, will travel.
Report says widening of Bayers Road will alleviate any issues on Bedford Highway from 5 new developments

HALEY RYAN
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A new report that concludes the Bedford Highway can support thousands of extra drivers from potential housing developments is being met with skepticism from its area councillor and local business people.

The MMM Group Inc. report for HRM determined the existing Bedford Highway should be able to handle five large developments that would move 10,000 to 15,300 people into the area, as long as Bayers Road is widened and transit options improve.

"Are they nuts?" said Jennifer Todd, manager of Natures Cove health-food store on the Bedford Highway on Monday.

More traffic isn't necessarily better for stores along

the highway, Todd said, adding many people don't want to stop and check out a business since "it's too hard to get back out again."

Todd said it makes more sense to widen the highway if more people will be using it, and create two lanes in both directions with a roundabout that could keep traffic moving constantly.

Dave McCusker, planning manager with HRM, said the five developments in Bedford, Fairview and Clayton Park that could add 3,700 to 7,400 units were put on hold over a year ago until a traffic analysis could be done.

He said by widening Bayers Road and increasing transit options like express routes or commuter rail, many drivers would migrate towards the larger Highway 102 exit instead of taking the Windsor Street exchange, and traffic would "even out."

"It would probably be heavier than it is today, but not to a point that would cause excessive gridlock," McCusker said of Bedford Highway traffic.

The Motherhouse development at Mount Saint Vincent University was approved last week and although Bedford

Motherhouse
1,800

The number of units approved for the Motherhouse development at Mount Saint Vincent University

Coun. Tim Outhit said one development won't cause a traffic problem, he said it's important to have a timeline and plan to service a growth area properly with rail or other transit options.

"I'm pro-growth, pro-development but we have to prepare for it and the developers have to assist with the cost," Outhit said.

The councillor also said he would "reject" the report's idea that the Bedford Highway can handle the increase.

"Widening Bayers Road is not going to do anything for the people sitting in traffic on Hammonds Plains Road, on the Bedford Highway, on Magazine Hill," Outhit said.

McCusker said the report was made to "guide future development approvals," and is now available for regional council to discuss in the near future.



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Latest stats

Overall crime down in HRM, attempted murders up

Overall crime is down in Halifax compared to this time last year, with one notable exception.

According to the recently released third-quarter crime statistics for 2013 in HRM, attempted murders have increased by 50 per cent in the first nine months of the year compared with the same period in 2012.

Despite the rise in attempted murders — to 27 from 18 — the report released Monday by Halifax police shows general crime has decreased by 10 per cent overall in the first nine months.

"We're pleased with the results, though there are concerns with the number of attempted numbers," said Halifax Regional Police spokesman Const. Pierre Bourdages.

He said attempted murders and homicides often involve people known to one another, so it is difficult to target and prevent.

"I don't have an explanation as to why there is such an increase," he added.

But despite a rise in attempted murders, the police report showed an eight per cent decrease in violent crime, including a 40 per cent drop in homicides.

"Any time we have crime going down — including the most serious being homicide — it's a good thing," said Halifax RCMP spokesman Cpl. Scott MacRae. MacRae said crime statistics are analyzed for trends and used to decide how policing resources are deployed in the community.

GEORDON OMAND/FOR METRO



A worker works on a light standard at the corner of Upper Water and Duke streets on Monday. On Thursday Duke Street will switch from a one-way to a two-way street between Upper Water and Hollis streets. JEFF HARPER/METRO

Two-way traffic from top to bottom

Traffic flow. Last one-way section of Duke Street coming to end



HALEY RYAN
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Halifax drivers will soon be able to move both ways along a one-way section of a busy downtown street.

On Monday, the Halifax Regional Municipality announced the portion of Duke Street between Upper Water and Hollis streets will be

open to two-way traffic early Thursday morning.

"Duke was one of those anomalies where it travelled the width of the downtown but there was one single block that had one-way flow, and that didn't seem to make sense," said HRM planner Dave McCusker.

McCusker said the switch is one of the last phases of the Street Network Changes project that began a few years ago, including direction changes to Sackville, Market and Lower Water streets.

The Duke phase has been postponed until now due to nearby construction, Mc-

In numbers

1981

Last time this block was a two-way street

Cusker said.

Everyday commuters might not notice a huge difference while driving downtown, McCusker said, but flow should improve somewhat with more "left-turning movement" from Hollis to Lower Water streets.

Along with the changes in traffic flow, the city is installing new traffic signals

at the intersection of Upper Water and Duke streets.

The lights and pedestrian signals should help the flow on Lower Water Street, McCusker said, because right now you get a "long, steady string" of people crossing at the intersection and blocking traffic in the afternoons.

The lights will begin flashing yellow starting early on Tuesday, becoming fully activated on Thursday. HRM will also post signs in the area reminding drivers of the change.

The last street change will be a bike lane on Hollis Street next spring, McCusker said.

1 NEWS



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No foul play suspected. Newspaperman turns up dead on Cheticamp Island

A senior reporter and editor with the Cape Breton Post was the victim of a fatal weekend accident on Cheticamp Island.

The body of Chris Hayes, 62, of Sydney, was found shortly before 6 a.m. Monday following a search by a Canadian Coast Guard helicopter, the Cheticamp Ground Search and Rescue as well as Emergency Health Services.

While autopsy results were still pending, an RCMP spokesman said Monday that foul play is not suspected.

Hayes and a friend were camping on the island overnight Saturday. Each ventured out in a separate direction for a walk, but only the friend returned.

Both Hayes and the friend are experienced campers.

News of the accident hit

Hitting home

"News like this takes your breath away. There was plenty of disbelief along with an abundance of tears."

Steve MacInnis, newsroom reporter at the Cape Breton Post

hard in the newsroom of the Cape Breton Post, where Hayes worked for 29 years as a reporter, editor and former city editor.

"I worked with Chris for more than 25 years," said Steve MacInnis, newsroom reporter.

"He had a quick wit and dearly loved his native Cape Breton Island. He was not the kind of guy you could easily keep indoors." **CAPE BRETON POST**

Call it cyber-anti-bullying. Province launches online bullying-complaint form

A system that allows parents and students to report bullying in Nova Scotia schools is now available online.

Education Minister Karen Casey says the online reporting form allows parents and students to play an active role in making schools safer.

The Department of Education and Early Childhood Development met last month with 550 principals and administrators to provide training on the form and get feedback.

As a result of those meetings, people reporting bullying or cyberbullying must

Not available

The online form will be shut down during summer and during the Christmas and March breaks when schools are closed.

include their name to ensure principals are able to follow up when a complaint is received.

The form will also prompt users for more information, such as whether the behaviour has been happening over a period of time.

THE CANADIAN PRESS

Oland family

Man granted bail in father's death

The son of slain New Brunswick businessman Richard Oland was granted bail Monday, days after he was charged with second-degree murder in his father's death.

Dennis Oland was released on a \$50,000 surety, ordered to surrender his passport and inform Saint John police of any travel outside the province, an administrator with the Court of Queen's Bench said.

Richard Oland was found

dead in his Saint John office on July 7, 2011. The 69-year-old was a well-known businessman and member of the Order of Canada.

His son Dennis, who was charged last Wednesday, was first identified as a suspect in court documents released in May.

The documents contain claims not proven in court. They state that blood found on a sports jacket in Dennis Oland's home matched the DNA profile of his father and that Dennis was "experiencing financial hardships" and owed his father more than \$500,000.

THE CANADIAN PRESS



Crews seek cause of blaze that left mother, kids homeless

Fire officials were on scene again Monday to investigate the cause of a weekend house fire in North Preston, which left a mother and five children homeless. Halifax regional fire division Chief Dave Burnet said he expects to know more by Wednesday. The Sunday morning fire tore through a bungalow at 31 Clarence St. around 10:30 a.m. **JEFF HARPER/METRO**

Student fleeced out of thousands

Tuition scam. Swindler convinced woman he could use cash to get her into better school

GEORDON OMAND
halifax@metronews.ca

Police in Halifax are issuing a warning after an international student lost tens of thousands of dollars in a tuition scam.

Halifax Regional Police and the RCMP's integrated

Warning

"If it seems too good to be true, it probably is."

Const. Pierre Bourdages, Halifax Regional Police

financial crime unit said the fraud is targeting Asian university students with the promise of better educational opportunities.

Officers received a complaint on Friday from a woman who was approached by a man on campus at one of Halifax's universities.

He offered to get her into an "Ivy League school" in

Ontario.

"The main commonality here was that both suspect and victim spoke Mandarin," said police spokesman Const. Pierre Bourdages.

The victim — whom police described only as an "Asian university student" — paid the man tens of thousands of dollars, reportedly to cover administrative fees and as a

down payment for first-year tuition.

But the suspect simply kept the money.

Halifax police have since launched an investigation and have reached out to all three major universities in the city.

"We have only received this one complaint so far," said Bourdages. "(But) once it becomes public there might be more."

Police are encouraging people to be suspicious of anyone asking for money upfront and to always verify the legitimacy of an organization or an individual.



Pranksters get creative with safety gear

Here's a new one. Five 16-year-olds have been charged after three

vehicles were egged while stopped at a south-end Halifax intersection. When the drivers rolled down their windows to confront the pranksters, they were sprayed with a fire extinguisher.

The incidents happened at 12:20 a.m. at the inter-

section of South Park Street and Victoria Road. Police were called to the scene and arrested a group of teens near the site.

"It seems to be kids being up to no good," said Halifax Regional Police spokesman Const. Pierre Bourdages, who also ques-

tioned what they were doing outside at that time on a Sunday night.

Five 16-year-olds are now charged with assault, theft under \$5,000 and mischief.

Bourdages said the theft charges relate to the fire extinguishers.

PHILIP CROUCHER/METRO

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Province adds voice to chorus of criticism over Maritime Link

Energy project. Deal doesn't go far enough in protecting ratepayers, says minister at hearing

The Nova Scotia government added its voice to the chorus of opposition to a revised agreement to build the Maritime Link as a hearing on the \$1.5-billion project wrapped up Monday.

The provisions of the deal between power company Em-

era and Nalcor Energy, Newfoundland and Labrador's Crown-owned utility, are vague and put Nova Scotia's ratepayers at risk, a lawyer for the province's Energy Department said.

In his closing argument at the Nova Scotia Utility and Review Board hearing, Stephen McGrath said Emera has failed to show how the agreement meets the board's condition that it gain access to market-priced energy at no additional cost to the province's power customers.

Energy Minister Andrew Younger said the government has proposed eight conditions be added to the agreement that ensure audits of transactions between Nova Scotia Power, Emera and its subsidiaries are conducted, and that the risk for the project is borne by Emera.

"The document as submitted does not go far enough in terms of protecting ratepayers. It's as simple as that," Younger said outside the hearing.

He would not say, however, whether the government would oppose a decision by the

board if it did not include those conditions.

"We will look at what the board decides, but obviously if the board was to take all of the conditions that we've suggested then we'd be in a position to be more inclined to support the deal," Younger said.

He said the government has options at its disposal if it isn't satisfied with the outcome of the board's decision, though he would not specify what those were.

Both the province's consumer and small-business advocates

Finding consensus



"At this point, we want to see what the board's decision is because we respect the board."

Energy Minister Andrew Younger, after closing arguments in the Review Board's hearing

said they believe the government's conditions improve the

deal, but they still can't support it because it doesn't provide value for ratepayers.

"That agreement has some fundamental problems with it that would take more than some lipstick and some face cream to clean up," said consumer advocate John Merrick.

Emera CEO Chris Huskison expressed confidence the agreement has satisfied the conditions imposed by the board and said the conditions asked for by the province have also been addressed by the hearing.

THE CANADIAN PRESS

Pictou County

Dead shark photos on N.S. beach wash up on Facebook

A blue shark apparently washed up on the shores of Mellberry Beach in Pictou County over the weekend.

Photos posted Sunday night on Facebook show a dead young blue shark, according to Dr. Steven E. Campana of the Bedford Institute of Oceanography.

"Blue sharks are the most common large shark in Canadian waters, but are less frequently seen in the Gulf of St. Lawrence, particularly at this time of year," he said.

Blue sharks are not listed as an endangered species.

The photos were posted to Facebook around 9 p.m. Sunday night. The poster said the shark was about five feet long.

"Looks like this shark may have come in close to shore to give birth and got stranded in low tide."

The carcass was nowhere to be found on Monday.

"We certainly didn't hear anything about it," said Matthew Reid, a forestry technician with the Department of Natural Resources. "If it's within the park boundaries, it's our responsibility to clean it up."

He noted the last marine carcass that DNR had responded to was a 25-foot Minke whale on Piper's Path, Beech Hill Cove in Doctor's Brook, which is near Arisaig, this week.

NEW GLASGOW NEWS



Leaves keep hangin' on in mild weather

Warmer weather this weekend and Monday has some trees still full of fall leaves in the city. Environment Canada is calling for a clear week with rain moving in later on Friday through the weekend.

JEFF HARPER/METRO

Up for grabs. Cape Breton MLAs show little interest in NDP leadership job

Cape Breton's two New Democratic Party MLAs are showing little interest in taking a run at the leadership of the party in the wake of former premier Darrell Dexter's resignation on Saturday.

"It's not something that I'm ruling out, but there's a lot of water that has to go

under the bridge before I'll make a decision on something like that," said Cape Breton Centre MLA Frank Corbett. "We've got a convention coming up in the spring, which will quite possibly be at the time when the party decides on a new leader. But Maureen MacDonald (NDP MLA for Halifax Needham) is the interim leader now, which is very good."

Sydney-Whitney Pier MLA Gordie Gosse put to rest persistent rumours that he was seeking the leadership of the party.

"I plan on staying in for a while, but I don't have any aspirations of being leader of the party," he said.

"I think we need somebody that's young and new, with new ideas, and support them as they bring them in and look at who's going to run."

CAPE BRETON POST



Cape Breton MLA Frank Corbett
METRO FILE

Anne Murray. Canadian honoured at International Women's Forum gathering

Anne Murray has received another accolade.

The iconic singer-songwriter from Springhill was honoured recently by being inducted into the International Women's Forum hall of fame at the group's leadership conference in Vancouver.

According to a release, the hall recognizes trailblazing

women, with other members including Maya Angelou, Rosa Parks, Sally Ride and Margaret Thatcher.

"I am humbled and honored to be in the company of the remarkable women that have received this award," Murray said in her acceptance speech last month.

METRO

Job Hunting Tip: Book your interviews for after November 30th.

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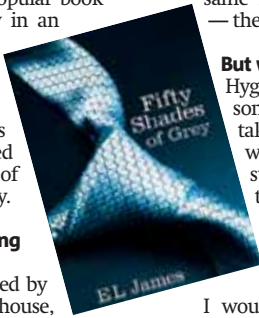
50 Shades of Gross. Traces of drugs, STDs found on library books



KIERON
MONKS

Metro World News in London, U.K.

Belgian researchers have discovered traces of drugs and sexually-transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library. Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.



Why were you doing this test?

We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every U.S. \$100 bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?

The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?

Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?

I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cut-off" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal immigrant." Students who capture them and take them

Quoted

"The YCT is contributing to an environment of exclusion and disrespect among our students, faculty and staff."

Gregory Vincent, vice-president for diversity at the University of Texas at Austin

to the Young Conservatives' recruiting table will get \$25 gift certificates. **THE ASSOCIATED PRESS**

Ruling upheld

Black not allowed to speak to Order of Canada panel

The Federal Court of Appeal has dismissed an application by Conrad Black to personally address an advisory council weighing whether he should be stripped of the Order of Canada. In a decision Monday, the panel upheld a ruling that denied the former media baron his request to plead his case in person. **THE CANADIAN PRESS**

Montreal

Mayor aims to eliminate 'erotic' massage parlours

Montreal's mayor wants to get rid of so-called erotic massage parlours that have multiplied throughout the city. Denis Coderre says he plans to introduce a bylaw with hefty fines attached.

Erotic massage parlours often obtain a permit as a legitimate massage business, hiding their true purpose. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford sits in the council chamber as councillors look to pass motions to limit his powers on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Rob Ford loses even more power

Toronto. Chaotic day ends with city council voting to slash mayor's budget, hand many duties to deputy

This means war

"Mark my words friends, this is going to be outright war in the next election."

Toronto Mayor Rob Ford, who also called council voting overwhelmingly to slash his budget and hand many of his duties to the deputy mayor a "coup d'état," and told councillors, "You guys have just attacked Kuwait."

An extraordinary debate marred by chaotic scenes saw Toronto city council strip Rob Ford of more of his powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

As a shouting match erupted between Ford and members of the public, the besieged

mayor seemed to charge a heckler but instead knocked down a female councillor, leaving her with a bruised lip.

The incident prompted yet another apology from Ford, who at one point was seen making drinking and driving gestures directed at a councillor who police had warned

about impaired driving.

The incidents formed a noise backdrop to the unprecedented debate over neutering the badly wounded mayor.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow

councillors.

Ultimately, however, it made little difference and council voted overwhelmingly to slash Ford's mayoral budget and hand many of his duties to the deputy mayor.

At the provincial legislature, Finance Minister Charles Sousa called the "antics" in Toronto distressing but showed little appetite for any intervention. And for the first time, the prime minister's office weighed in, saying the government "does not condone illegal drug use, especially by elected officials while in office."

THE CANADIAN PRESS

Calgary mayor to fight defamation suit

Calgary Mayor Naheed Nenshi said Monday he plans to defend himself from what he deemed as "outrageous damages" being sought by Shane Homes founder Cal Wenzel, whose \$6-million defamation lawsuit against the mayor surfaced Friday.

Nenshi made the comments Monday afternoon, but said he still hadn't been formally served with papers.

The lawsuit largely centres

on a surreptitiously filmed video of Wenzel and others in which they appear to be talking about how to get like-minded members elected on city council. It's alleged Nenshi used the video to make Wenzel a "straw man for gainsaying anyone with political views" different from the mayor's on land development and housing.

Nenshi said he finds the claims against him "extremely

disappointing."

"Mr. Wenzel, through his own actions, is the architect of his own situation," he said. "He's the one who decided how he was going to try to influence the election. He's the one who decided to hold that so-called secret meeting. This lawsuit is extremely disappointing, but I'm not surprised by his use of legal action."

ROBSON FLETCHER/METRO IN CALGARY



Calgary Mayor Naheed Nenshi speaks with reporters Monday afternoon. **ROBSON FLETCHER/METRO IN CALGARY**



The Penguin takes San Francisco Giants mascot Lou Seal hostage as Batman and leukemia survivor Miles Scott, 5, dressed as Batkid, seen in the inset below, give chase as part of a Make-A-Wish Foundation fulfilment at AT&T Park Friday in San Francisco. RAMIN TALAE/GETTY IMAGES

San Fran Batkid baddie actually a Canuck, eh

Villain with a heart.

Canadian speaks of 'amazing' day playing the Penguin for Batkid wish



MIKE DONACHIE
Metro in London, Ont.

If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, it was the greatest day ever.

On Friday, the London, Ont., native became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," said Jutan, a software engineer in San Francisco. By Batman, he meant Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," Jutan said. "When I was asked to do it, I thought

we would just put on some costumes and romp around a playground for 10 minutes for a little kid."

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed. There he was, standing in full costume as the Penguin, as he and his captive were driven

from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his arch-enemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."

Dream come true

San Francisco became Gotham City for the day thanks to the Make-A-Wish Foundation.

- After a call from the chief, Batkid swung into action to save a woman tied to railway tracks, then foiled the Riddler's bank robbery and ended the Penguin's evil kidnapping plot.

- The day ended with the heartfelt thanks of the mayor and the key to the city.



- Batkid's secret identity is Miles Scott, 5, of Oregon, who is in remission from leukemia after fighting it for four years.

Daycare's lunch policy leaves a bad taste



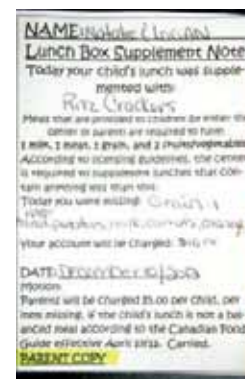
SHANE GIBSON
Metro in Winnipeg

A Manitoba mother was surprised last year when her kids came home from daycare with a note informing her she'd be fined because the lunch she'd packed for them — complete with homemade roast beef, potatoes, carrots, an orange and milk — was unbalanced.

And the kicker for Kristen Bartkiw really came when she read how the daycare had balanced the lunches: her five-year-old son and three-year-old daughter were each given Ritz crackers to make up for the missing grain required under the province's school-lunch policy.

"They have certain legislation that they have in place where you have to follow these food groups, but it doesn't matter how processed the foods are or if they're junk food ... so Ritz crackers count as a grain," laughed Bartkiw, 33, who lives in Rossburn, Man., and actually happened to sit on the daycare's board when the letter came home last December.

"I phoned the daycare worker and said, 'You know, potatoes, surely I can get away with this,' and they



The note sent home to Kristen Bartkiw and her husband, Wade.

CONTRIBUTED



didn't actually end up charging me the \$10.

"But it was just the principle of the thing, that it was not considered a healthy lunch that I found ridiculous."

Bartkiw's story was made public Monday on an online blog.

While she understands the policy is intended to encourage parents to make sure their kids are eating whole meals, Bartkiw thinks in many cases the Canada Food Guide can be too broadly interpreted.

"You could send microwave Kraft Dinner everyday and that would count as a grain under the guide," she

Nutrition Policy

- The provincial policy says "a nutritious meal (as outlined in the Canada Food Guide)" must be provided by daycares taking care of children for six or more hours a day, according to the province's website.

said.

"I would encourage parents to not just blindly follow the Canada Food Guide, but really think about eating more real food and not packaged food."

Citizenship

Malta government to make public the names of passport buyers

Malta's government has rolled back one element of its controversial law to sell its citizenship for 650,000 euros (\$916,500), saying it will publish the names of people buying their way into European Union passports.

The government had argued that keeping the names secret would have brought in more money, which was the key goal of the initiative.

Opposition lawmakers and ordinary Maltese had argued that keeping the names secret could have exposed Malta to ill-intentioned citizenship-seekers, including possible terrorists. **THE ASSOCIATED PRESS**

Public debate

Dick Cheney's daughters divided on gay marriage

Former U.S. vice-president Dick Cheney and his wife are calling a timeout as their daughters engage in a testy public debate over gay marriage.

Liz Cheney is running in a Republican primary for a U.S. Senate seat from Wyoming. She told Fox News Sunday she disagrees with her sister Mary Cheney, who is married to a woman, over the topic of same-sex marriage.

Mary Cheney responded on Facebook: "You're just wrong."

Cheney and his wife, Lynne, said in a statement Monday their family has dealt with this issue privately for many years and that they are "pained to see it become public."

THE ASSOCIATED PRESS

Church trial

Methodist pastor defends officiating son's same-sex wedding

A U.S. pastor who could be defrocked for officiating at his son's same-sex wedding pleaded not guilty at a church trial Monday to charges he broke his pastoral vows.

Rev. Frank Schaefer, 51, was found guilty by a jury comprised of fellow Methodist clergy. They will decide on his punishment Tuesday, which could range from a reprimand to losing his minister's credentials.

Schaefer could have avoided a trial if he had agreed to never again perform a same-gender wedding, but he declined because three of his four children are gay.

THE ASSOCIATED PRESS

Canadian Red Cross expert sent to handle post-typhoon violence

Preventing a second wave of suffering. Survivors at risk of physical, sexual and emotional abuse



MATT KIELTYKA
Metro in Vancouver

Minutes before boarding for the devastated post-typhoon Philippines, Gurvinder Singh was preparing himself to "expect the unexpected."

Like most Canadians, he's seen images of hardship, destruction and suffering flash across television screens.

Unlike many observers though, Singh is a Canadian Red Cross violence-prevention adviser and he knows that the vulnerable, displaced and sick can also become



Post-disaster violence may worsen the plight of survivors already struggling for aid in the typhoon-hit province of Leyte, Philippines. AARON FAVILLA/THE ASSOCIATED PRESS

victims of a second wave of suffering in the form of physical and sexual violence.

"Unfortunately it's a com-

mon thing, we've seen this globally after other disasters," Singh said from the Vancouver International Airport on

Monday. "In those conditions people can become victims of physical, sexual and emotional violence."

Singh will be deployed at the Canadian Red Cross's field hospital in Ormoc, where he and his team will

Abusing the injured

"We've seen this globally after other disasters."

Gurvinder Singh, violence-prevention adviser for the Canadian Red Cross, talking about how violence normally happens in the aftermath of large-scale tragedies.

look for signs of abuse among patients. Opportunistic criminality, family stresses and cramped conditions are just some of the risk factors Singh will be working to mitigate.

"I know there will be a lot of human suffering. We're training to expect the unexpected," he said. "The Red Cross has great training. We're prepared. It's a matter of doing your best with the best that you're given."

Ormoc City, in the province of Leyte, is one of the hardest-hit areas in the south-east Asian country.

High-tech forecasts trim twister death tolls

When a cluster of violent thunderstorms began marching across the Midwest, forecasters were able to draw a bright line across a map showing where the worst of the weather would go.

Their uncannily accurate predictions, combined with television and radio warnings, text-message alerts and storm sirens, almost certainly saved lives when rare late-season tornadoes dropped out of a dark autumn sky. Although the storms howled across 12 states and flattened entire neighbourhoods within a matter of minutes, the death toll stood at just eight.

By Monday, another more prosaic reason for the relatively low death toll came to light: In the hardest-hit town, most families were in church.

"I don't think we had one church damaged," said Gary Manier, mayor of Washington, Ill., a town of 16,000 about 230 kilometres south-west of Chicago.

The tornado cut a path about two hundred metres wide damaging or destroying as many as 500 homes.

Daniel Bennett was offici-



Allen Rawlins checks the remains of his parents' home, hit by a tornado in Kokomo, Ind. AJ MAST/THE ASSOCIATED PRESS

ating Sunday service before 600 to 700 people when he heard a warning. Then another. And another.

"I'd say probably two dozen phones started going off in the service, and everybody started looking down," he said.

What they saw was a text message that a twister was in

Tornado facts

This year has been a mild year in the number of twisters in the U.S., hovering around record lows.

- Sunday's destruction caused at least eight deaths.
- An outbreak like the one that developed Sunday usually happens once every seven to 10 years.

the area.

Weather forecasting has also steadily improved recently with faster, more powerful computers. Scientists are now better able to replicate atmospheric processes into mathematical equations.

In the last decade alone, forecasters have doubled the number of days in advance that weather experts can anticipate major storms, said Bill Bunting of the U.S. National Weather Service.

THE ASSOCIATED PRESS



Stylish yes, just not British

Zimbabwe's longtime president Robert Mugabe (seen in a 1991 photo with Queen Elizabeth II) told university graduates earlier this month to disregard his impeccable Western suits and his teacherly use of English: "I am not a colonial product," he said. GILL ALLEN/THE ASSOCIATED PRESS

Environment

Canada named green pariah during UN climate talks

Environment Minister Leona Aglukkaq arrived at a United Nations climate-change conference in Warsaw on Monday amid exceedingly low expectations.

A European report released to coincide with the United Nations conference ranks Canada 55th of 58 countries in terms of tackling greenhouse gas emissions, ahead of only Iran, Kazakhstan and Saudi Arabia.

A Washington-based group, the Center for Global Development, issued a separate report Monday ranking Canada dead last on the environment among the world's wealthiest 27 countries.

At home, a new national Environics Institute poll in partnership with the David Suzuki Foundation suggests public confidence in government as the lead actor in addressing climate change has tumbled six percentage points from the 59 per cent recorded a year ago.

THE CANADIAN PRESS

Are we alone? Maven takes off to find out

NASA. Spacecraft due at the red planet by next fall will help scientists answer some existential questions

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to

unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall following a journey of more than 700 million kilometres.

Scientists want to know why Mars went from being warm and wet during its first billion years to cold and dry today. The early Martian atmosphere was thick enough to

To Mars with a mission

"(This is) all part of our quest for trying to answer, 'Are we alone in the universe?'"

John Grunsfeld, NASA's science mission director

hold water and possibly support microbial life. But much

of that atmosphere may have been lost to space, eroded by the sun.

Maven set off through a cloudy sky Monday afternoon in its effort to provide answers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

THE ASSOCIATED PRESS



A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

Random biz fact of the day

200

First applications are received 200 seconds after a job is posted.

CAREERBUILDER



QUINN ROONEY/GETTY IMAGES

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TSX
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OIL
\$93.03 US (-81¢)



GOLD
\$1,272.30 US (-\$15.10)

Natural gas: \$3.62 US (-6¢)
Dow Jones: 15,976.02 (+14.32)



Stay classy, Emerson College

It's kind of a big deal that Emerson College is changing the name of its school of communication. The college in Boston will rename the school — for one day only — the Ron Burgundy School of Communication on Dec. 4 to honour the fictitious television anchorman. Actor Will Ferrell, in character, is scheduled to share his path to journalism greatness with students. FRANK MASI/PARAMOUNT PICTURES/THE ASSOCIATED PRESS

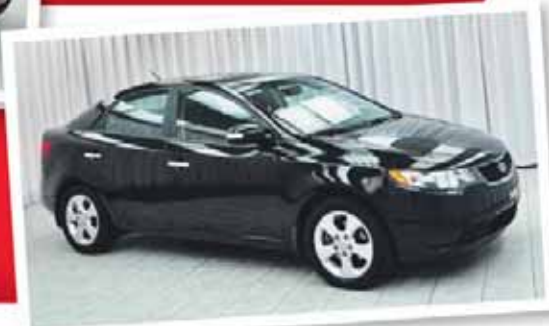
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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands.

METRO IN EDMONTON



THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danial was a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scam."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me \$19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

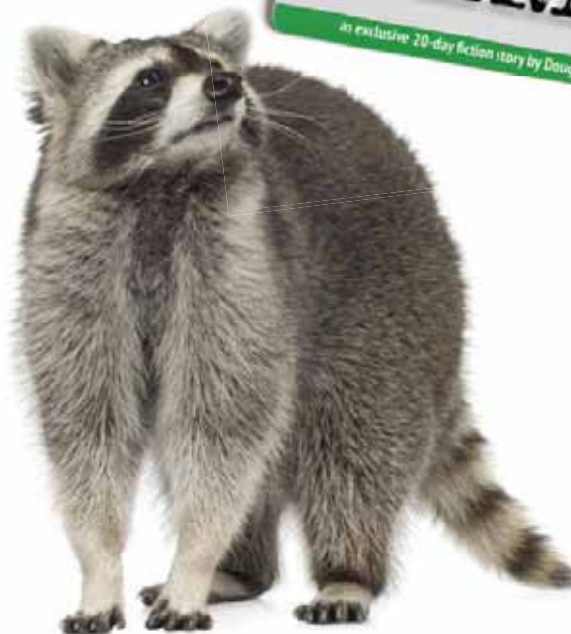
"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."



in the sternum."

"Where did this happen?"

"In a bar."

It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."



Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM



Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...



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TARGET MARKETING MISSES THE MARK

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop culture event complete with social media hashtags and at-home viewing parties.

This year's installment of the annual holiday fashion show doesn't officially air on prime time television until Dec. 10. But the body glitter-encrusted spectacle exploded all over Twitter and Instagram in real-time during last week's taping, which means I've had plenty of time to consider whether or not the latest \$10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits which only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than us mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this



SHE SAYS
Jessica Napier
metronews.ca

yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass marketed thongs you might find in the "5 for \$25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest

collection from the brand's PINK line, which is geared towards a younger 15-to-22-year-old demographic. The sexed-up outfits were accessorized with large emoticon-faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popu-

lar culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a backroom full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, technicolour outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Scenic landscape or wavy ocean?



ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection



ROB ETZEL
Software professional
and photographer,
from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about

where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99%

of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with



Oceanhorn protagonist
CONTRIBUTED

repetitive tasks and environmental engagement is lacking. But, it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/\$8.99)

Boom Beach:

Supercell's follow-up to the absurdly profitable Clash of Clans doesn't finagle with the formula. Once again, you're in charge of growing and commanding an army that, depending on your skills as a general, will conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but even early on, the strategy seems deeper. (iOS/Free)

Letters

The media and other politicians can save their breath as far as Toronto Mayor Rob Ford's supporters go, it's pretty clear by now that the more 'convincing' is attempted, the more they dig their heels in, in his defence.

There is still the question of what's next, and that is the most important aspect of this issue, and the one that seems to be least considered in all the print spinning around this fiasco.

A single candidate with a vision and a sense of diplomacy, an appreciation of the tremendous polyglot wealth that makes up the Greater Toronto Area, and not ten months from now, but now. If there are two or three strong contenders in a campaign against Ford next fall, he clearly has what he needs to cruise right back in while they posture amongst themselves and their assorted backers, and then each blame the other for siphoning support.

Jeremy Gauthier, Hamilton, Ont.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

DVD review

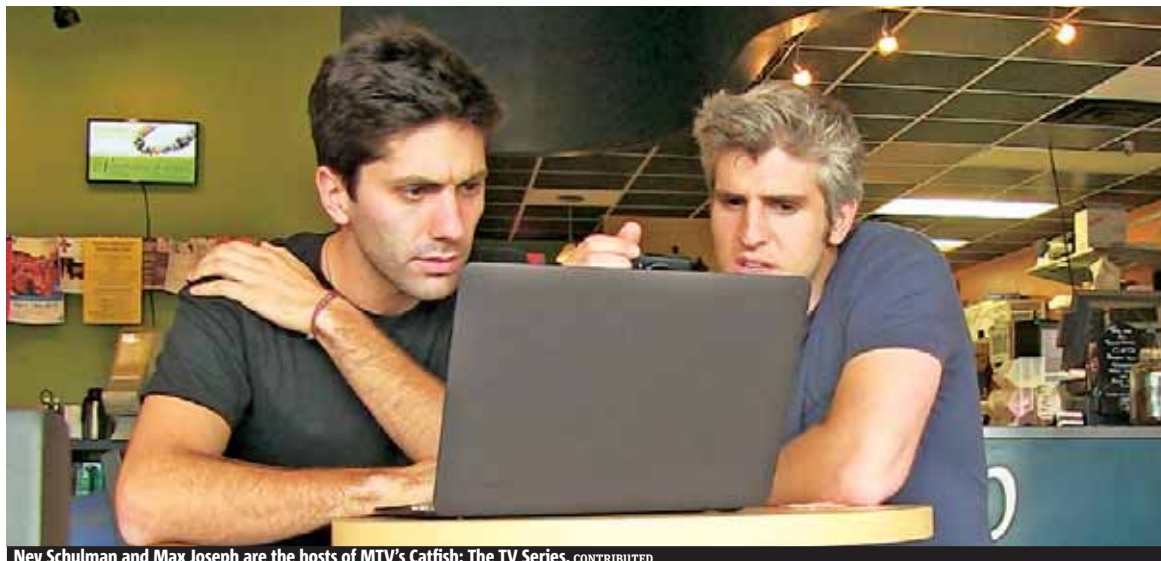
**The World's End**

Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL



Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

Love, lies and online spies

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO
Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona — reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online.

The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL line-backer Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too crazy to be true, and also the fact that people were filming it every step of the way also seems far-fetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning

was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one.

The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career; that could be an experience, that could obviously be a relationship.

Max: We talk a lot about

Bro love

OK, now the real question everyone wants to know. What's up with the bro-mance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

how mystery is the greatest aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be.

It's very easy to do that online.



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Losing weight and gaining a movie



Matthew McConaughey lost 47 pounds to play the role of HIV patient Ron Woodroof in *Dallas Buyers Club*. CONTRIBUTED

True story.

McConaughey lost 47 pounds to play an HIV patient in *Dallas Buyers Club*, a film that almost didn't get made



NED
EHRBAR
Metro World News in Hollywood

By the time Matthew McConaughey signed on for the long-in-development *Dallas Buyers Club*, it had become one of those projects many in Hollywood assumed would just never happen.

The film, about real-life early HIV patient Ron Woodroof (McConaughey), has had several actors attached over the years without going forward.

So what changed with McConaughey? He willed it into production through massive weight-loss.

McConaughey famously dropped 47 pounds for the role, filming at an alarming 137 pounds, and as far as he was concerned once the weight started coming off, the train had left the station.

"There were many times as we were approaching, people were going, 'It's not going to happen. How about pushing it to spring?'" McConaughey remembers. "And I was like, 'You're go-

ing to make me go through Christmas and four more months of this? You want me to be 110? No!'"

As much attention as his weight loss has gotten — he says he's gained back 40 of the 47 pounds — McConaughey doesn't think it's that big of a deal.

"The body's much more resilient than we give it credit for sometimes," he says.

"You're reminded of that especially after women give birth. It really can rebound."

In fact, he'd even go so far as to call losing all that weight fun.

"Even the hard work is fun. The going down 47 pounds was fun," he says.

"It's a singular focus, to have something to grab onto and say, 'Let's see where we get to and what we do.' That's fun."

Dallas Buyers Club serves as a kind of culmination of a remarkable career renaissance for McConaughey over the past two years, when he returned to film after a brief break with a string of remarkable, off-kilter roles in *Bernie*, *Killer Joe*, *Mud* and *Magic Mike*.

As for what sparked the change, McConaughey gives full credit to his wife and two young children at home.

"This is a really healthy time in my career. I'm enjoying and loving acting

The movie

Directed by Jean-Marc Vallée (*The Young Victoria*, *C.R.A.Z.Y.*), *Dallas Buyers Club* speaks to real life issues.

- In 1986, the AIDS crisis was still a misunderstood horror.
- Woodroof (McConaughey) smuggles unapproved treatments across the border from Mexico to patients neglected by the medical establishment.

more than I ever have," he says.

"I've got a really great support system in my family where when Popeye goes to work, they come. And they allow me to put the blinders on. I've got a wife who allows me to not have to look in the rearview mirror. And I'm still getting time with my family — and if anything I'd say kids sure help the job I do.

"They sure remind you that we're playing make-believe, so let's make them believe. They sure remind you to be goofy as hell if you want to, which just frees up the instrument so that it's really working, when you're acting you're not really acting."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The Lady Gaga Q&A

GABRIELA ACOSTA SILVA

Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?

And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other.



So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.

Hate, love and sensuality.

Reviews have been a bit harsh.

The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes

instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?

Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.



Nick Cannon

Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief, who called himself "Michael," reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that

they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. Unfortunately, that was the last the Fred Segal employee saw of the man.



Ireland Baldwin

Baldwin's daughter has her father's back

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

Bagheera Domestic Short Hair

Two year old Bagheera - named after the humble, good-natured black panther in the classic film, The Jungle Book — came to us heavily pregnant. Now that her babies have been adopted, it's her turn to find a loving forever home. Bagheera is friendly and well-adjusted; she loves people and uses her front paws to gently reach out to touch you. She's all heart and simply wants someone to fall in love with her. We believe she should settle quickly into a new home. If you're looking for a special feline to share your life, please consider adopting Bagheera.



For more information on Bagheera and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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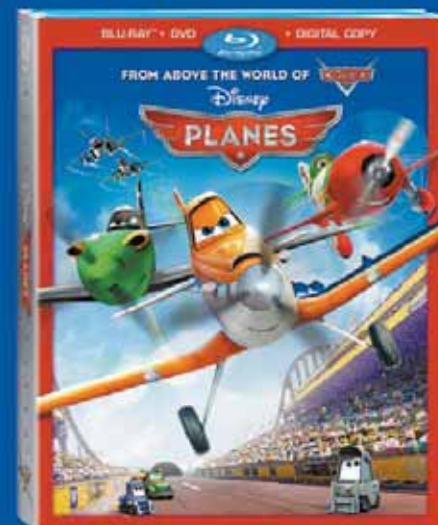
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Trading twirls for leg lifts

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

ROMINA
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A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in *Black Swan*. Who wouldn't want that?

Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd.

Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft



Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

Punk and Pharell's *Get Lucky* is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of calories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go back to our mats and focus on targeting different abdom-

inal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

Best Health

Crazy about these nuts



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of *Best Health*, we show how different nuts stack up in terms of calories, fat and excellent health benefits.

All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts

These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts

They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds

An antioxidant in almonds protects cells and tissues from diseases such as cancer.

And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.



The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

TOP
SIX@6

Weeknights at 6 PM counts down the HOTTEST songs of the day

- 6 Hedley Anything
- 5 Selena Gomez Slow Down
- 4 Macklemore White Walls
- 3 Eminem Feat. Rihanna Monster
- 2 Lady Gaga Ft R. Kelly Do What U Want
- 1 Britney Spears Work Work

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Make the quintessential fall side dish the star of the show

Too often, squash is cut into chunks, then either seasoned and roasted or steamed and mashed. And while both approaches can be delicious, they get tedious year after year. They also don't do the squash justice.

To reinvent the typical squash dishes, here is something with a bit of backbone — Something that stands out and doesn't resemble every other, or any other, dish on the autumn table.

A simple, savoury squash tart is the answer. Not only is it easy to make, it can be prepared ahead of dinner, then briefly reheated just before serving.

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.

Savoury Butternut Squash Tart



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Fill a medium saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water

to a boil. Cover and steam the squash until very tender, about 15 minutes.

4. Transfer the squash to a

Ingredients

- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices. **THE ASSOCIATED PRESS**

Health Solutions

Elk vs. deer in the kitchen



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I had to call my butcher buddy Sam Gundy, co-owner of Olliffe Butcher at Yonge and Summerhill in Toronto, to discover the difference between elk and deer meat.

They are, indeed, different breeds but are culinarily and nutritionally similar.

• Both are farmed and mostly grass fed.

• Elk is more widely available in pepperette and burger form.

• Both are much more lean than beef.

• Each is equally tender.

First timers would be well advised to purchase a cut other than the precious tenderloin and stew it with

hearty flavours like mushrooms and red wine. Work your way up to a tenderloin or rib roast.

Generally, leaner cuts fare better with a low and slow method without salt. Salt can draw moisture from the meat, so salting after it is cooked or using a sauce containing salt will steer you in the right direction.

Get it? Steer?! Oh, wait, that's a cow.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Taking care of business — part time

Temporary often becomes full time.

Temps can be an important asset. Here are 5 ways to make them feel at home

MIKE DOJC
life@metronews.ca

Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers

For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief

Make an effort

"It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together."

Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

talent officer at BMO Financial Group.

"A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees," explains Roger.

Never skimp on orientation

"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and

the frequency of required follow-ups. Taking the time to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way

Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up

Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary em-



It's your temp's first day. How are you going to welcome and integrate him or her into office life? ISTOCK

ployee because it could be very temporary that they're temporary," explains Roger.

Long-term conversion potential

Many temps do what they do because they are trying to get their foot in the

door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I

have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for them," says Roger.

Embracing the \$200,000 baby

Young breadwinners.
Is the next web sensation in your house right now? Here's how to manage the potential pitfalls



MICHELLE CASTILLO
Metro World News

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than \$100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After



Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES

Dentist blog.

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to \$200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake

The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.



Charlie Bit My Finger has earned close to \$200,000 US. YOUTUBE

Encourage your kids to get behind the camera

Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for \$30 million US.

But still treat them like kids

D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation

Would you like someone putting up a video of you pooping



A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than \$100,000 US in ad revenue. GETTY IMAGES

your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study *Configuring Childhood on the Web*. "But when he's 20 or 30 looking for a job, how is his fame going to impact

him then? We still don't know," she says.

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."



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MAKE VISITING THE DENTIST A PRIORITY

There is an outdated perception among dental patients that most of the work of dental hygiene is done at home, that a regular regime of brushing and flossing is all that the average person needs to insure good dental health.

That's a dangerous belief, says Dr. Atima Kamra, a practising dentist with Robie Street Dental Centre. Kamra says regular appointments with a dentist and a dental hygienist are also a vital part of good dental health.

"Regular brushing and flossing are important, but there are things that effect the health of your teeth that can't be prevented by brushing and flossing alone," she says.

The thin film referred to as tartar that coats the teeth and gums is the main reason for that. Tartar is caused when minerals that are present in saliva harden

on the teeth — a process that can lead to tooth decay. For most people, the process happens over a period of weeks or months.

"It varies with each individual patient," Kamra says. "The tartar can't be brushed away when it becomes hardened. The only way to take care of it is to visit your dental hygienist for regular scalings."

At the same time, people with periodontal disease, which causes bone loss or gum problems, can develop pockets around their teeth that are too deep to be reached by a brush or floss.

"It's important for everyone to make their regular hygiene visits," Kamra says. "Also, they may need to get out of that once- or twice-a-year mindset. Some people may only need a cleaning every six months, but others may need to visit



Cindy Forward, front row, from left, Dr. Atima Kamra and Nicole Burke. Middle row, Darlene Crossman, Christine Ingram, Heidi O'Brien, Sonia Malik, and Joy Beeler. Back row, Dr. Philip Amys.

CONTRIBUTED

every three months or every four months. It depends on the individual."

The first step for every patient is to get a proper periodontal assessment from a dentist.

"Unfortunately, there are a lot of

people out there who just don't think that visiting a dentist is a priority," Kamra says. "That's a mistake that goes beyond just having healthy teeth. Your overall health and wellness could also depend on making that appointment."

GOOD ORAL HEALTH LINKED TO OVERALL WELL-BEING

Taking care of your teeth is about much more than maintaining a great smile, says Dr. Atima Kamra, a dentist at Robie Street Dental Centre. It's about maintaining your overall good health, as well.

"If you look at the literature that's out there, there's a lot of data that shows a correlation between dental health and overall health," Kamra says.

"We're seeing major links between periodontal disease and diabetes, heart disease and stroke. People who have periodontal disease are at a much higher risk for developing those other diseases."

The problem stems from the fact that many of the bacteria that cause periodontal disease can migrate to other parts of the body and cause inflammations. Some of the data is quite dramatic.

"About 30 to 40 per cent of the bacteria found in blood clots around the heart start out as periodontal disease," Kamra says.

Poor diet is another side-effect of poor dental health.

"If a patient is missing more than half of their teeth, it may be hard for them to eat the fruits, vegetables and other foods they need to eat as part of a healthy diet,"

Kamra says. "They may be eating a diet that's high in things like soft carbohydrates and that can be bad for their nutritional health."

Kamra points to studies that show that people with borderline type 2 diabetes who get effective treatment for their periodontal disease can actually progress to the point of not needing diabetes medication. She says patients can also lower their risk of developing some cardiovascular diseases by exercising a good oral health regime.

"That's important information and it's not being communicated properly to the

public," she says. "I have a real problem with that. Most doctors don't say a word about that correlation, and we as dental professionals haven't been doing a good enough job getting the message out either."

Communication is the key, Kamra says. There needs to be a better consultation process between dental and medical professionals, something that hasn't existed up until now.

"Everyone needs to realize that dental health is part of overall health," says Dr. Kamra. "We're all working together to achieve the same goal."



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CHANGING WORLD OF DENTISTRY

After 42 years spent growing Robie Street Dental Centre into a major downtown clinic, Dr. Philip Amys is working with Dr. Atima Kamra in preparation for handing things over to the next generation.

Amys has seen many changes to his profession over the years. Four decades ago, dentists usually worked solo, handling all of their patients' needs, from cleaning to major dental work, by themselves.

"When I started it was just me and one assistant," Amys says. "Between the two of us we ran the whole office. We did everything."

Today, clinics like Robie Dental have a full team of professionals on staff including hygienists and dental assistants who handle much of the patient care and education.

The other big change that stands out for Amys is the attention to the



Dr. Philip Amys

CONTRIBUTED

overall health of each patient. With the growing knowledge that poor dental health can lead to things like diabetes, heart disease and stroke, dentists have joined the front line on a whole range of health-care issues.

"We didn't understand the

relationship between dental health and overall health as much when I graduated from dental school," he says. "Today we do. Today we realize that we're doing a lot more than just fixing teeth. We're treating the whole person."

GETTING TO KNOW EACH PATIENT'S NEEDS

Tina Coolen's career is about establishing long-term relationships with patients. Coolen is senior dental hygienist at Gladstone Dental Centre, part of the Fine Touch family of dental clinics that now includes Robie Street Dental Centre. Many of her patients have been visiting her regularly for more than two decades.

"It's important for me to get to know my patients," she says. "To figure out what makes them tick."

Coolen says good dental health depends on that one-on-one relationship.

"People have a lot going on in their lives," she says. "Things like

eating, brushing and lifestyle habits can have a big affect on their oral health and on their health in general."

Christine Ingram is also a senior dental hygienist with Fine Touch Dental. Her home base is at the Robie Street Dental Centre. Part of her job is making patients aware of the direct correlation between plaque and diseases like diabetes and heart disease.

"Our first goal is to save teeth, but our overall goal goes beyond that. We want to promote awareness of the connection between healthy teeth and overall health. I've worked with dental special-

ists who have referred patients to a medical doctor when their periodontal problems were serious.

"We're not just concerned about the aesthetics of the smile," Ingram says.

"It's the structure of the mouth that's the really important part — the health of the bone, the roots and the gums."

Coolen says she makes a deal with each one of her patients.

"I tell them that I will do my share of the work if they do their share at home. If they don't have time to floss that's OK, but they're going to need to come see me more often."

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Flames beat Jets to end six-game winless streak

Jets blue-liner Dustin Byfuglien tussles with the Flames' Chris Butler on Monday night in Winnipeg. The Jets' Brian Little scored at 19:54 of the third period to send the game to overtime, but Sean Monahan's goal in the shootout proved to be the difference in the Flames' 5-4 win. **MARIANNE HELM/GETTY IMAGES**

Panthers pounce on Pats, win 6th straight

NFL. Newton caps winning drive with 59 seconds remaining

Cam Newton threw a 25-yard touchdown pass to Ted Ginn Jr. with 59 seconds left and the Carolina Panthers held off the New England Patriots 24-20 Monday night for their sixth straight victory when officials picked up a penalty flag on the final play.

Stephen Gostkowski's 26-yard field goal put the Patriots

Monday Night Football

24	20
Panthers	Patriots

up 20-17 before Newton drove Carolina 83 yards on 13 plays for the go-ahead touchdown. The speedy Ginn escaped Kyle Arrington along the left sideline and outraced Logan Ryan to the left pylon for his third

touchdown of the season.

Newton completed 19 of 28 passes for 209 yards and three touchdowns.

Tom Brady didn't go down without a fight.

With 59 seconds and three timeouts to work with, Brady got the Patriots to the Carolina 18 with three seconds left but was intercepted in the end zone by safety Robert Lester as time expired.

Officials initially threw a flag on the play, apparently for pass interference, but then waved it off.

THE ASSOCIATED PRESS



Panthers receiver Ted Ginn dives into the end zone to score the game-winning touchdown past the Patriots' Logan Ryan on Monday in Charlotte, N.C. **GETTY IMAGES**

Subway Super Series

Drouin plays helper in win over Russian selects

Halifax Mooseheads forward Jonathan Drouin assisted on every QMJHL goal in a 3-2 win over Russia in the opener of the Subway Super Series in Gatineau, Que. on Monday night.

Charles Hudon of the Chicoutimi Saguenéens scored twice while Anthony Mantha also found the back of the net for Team QMJHL, which also plays Russia on Wednesday night in Sherbrooke, Que. **METRO**



Jonathan Drouin **JEFF HARPER/METRO**

Sochi 2014

Russia's sports minister says gay law was mistake

Russia's sports minister says passing the gay "propaganda" law that sparked calls for boycotting the Sochi Olympics was a mistake — not because of its contents, but because of its timing.

Vitaly Mutko is quoted by the RBK business newspaper as saying: "Perhaps the state authorities should have waited a little ... It was possible to calculate how much resonance it would cause in the West."

The law passed bans distributing so-called propaganda of non-traditional sexual relationships to minors. **THE ASSOCIATED PRESS**

Riders soaking in hometown Grey Cup hype



Roughriders fans celebrate the team's win in the West Division final over the Stampeders in Calgary on Sunday. **JEFF MCINTOSH/THE CANADIAN PRESS**

The Saskatchewan Roughriders say they can stay focused amid the hype of playing the Grey Cup on home turf in front of their notoriously rabid fans.

Hundreds of fans took to the streets in downtown Regina after the Riders beat the Calgary Stampeders in the CFL West Division final and earned a spot in the Grey Cup.

Riders running back Kory Sheets got a first-hand glimpse of the enthusiasm after the flight back from Calgary late Sunday night.

"You know, it was funny,

me and Terrell Maze were walking through the house last night, somebody stopped their car and got out and was screaming and yelling. It was like, 'Congratulations. Yay!' And then they just got back in the car and pulled off," Sheets said with a laugh at a news conference Monday in Regina.

"I'm expecting a lot of that this week."

Sheets, who signed with the Riders in February of 2012, has never been in Saskatchewan when the team has made it to the Grey Cup. In fact, he says

he hasn't played in a championship game outside of high school.

He says he's getting advice on how to handle the situation from veteran players such as quarterback Darian Durant.

"Darian was telling me last night it's going to be crazy, just might as well soak it all up," said Sheets.

The Roughriders will face the Hamilton Tiger-Cats in this year's championship game, which will be played Sunday at Mosaic Stadium.

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Horoscopes

Aries

March 21 - April 20

You have higher standards than most but no one expects you to be perfect, so try not to expect it of yourself. Even an Aries has limits, so lower your sights a little and remind yourself that you are human.

Taurus

April 21 - May 21

You won't be able to put a foot wrong today, but that won't stop you from treading on some toes — deliberately! Mars and Jupiter combine to give a boost to your ego and make you feel you are unbeatable.

Gemini

May 22 - June 21

You may be feeling guilty because everything seems to be going well for you while friends and family appear to be struggling. Remember, they are not struggling because of you.

Cancer

June 22 - July 23

Be careful when dealing with people in positions of power because they are unlikely to tolerate criticism, even if it is justified. You may think that certain decisions are stupid but keep your thoughts to yourself.

Leo

July 24 - Aug. 23

You have done more than your share of the heavy stuff recently. Take a break and don't feel guilty. What is it you want to accomplish? Get on it and ignore everything else.

Virgo

Aug. 24 - Sept. 23

Mars and Jupiter make you decisive, which gives you the edge over those who cannot make up their minds. That's supposing that you make the correct decisions. You will.

Libra

Sept. 24 - Oct. 23

Take time out of your schedule to offer a hand to a loved one who clearly needs assistance. Your kindness will be greatly appreciated, and noted, and one day will come back to you.

Scorpio

Oct. 24 - Nov. 22

No matter what tasks you have to perform over the next 24 hours you will tackle them with gusto, then go looking for more problems to solve. You're in the groove and your creative juices are flowing.

Sagittarius

Nov. 23 - Dec. 21

Negative thoughts are counter-productive: The more you worry about something the more likely it is to happen. Keep that thought in mind at all times today, especially on the work front.

Capricorn

Dec. 22 - Jan. 20

If something goes out of your life, don't try to hold on to it. Mars and Jupiter are urging you not only to let go of the past but to pick it up and hurl it out of the door. Time to move on to something better.

Aquarius

Jan. 21 - Feb. 19

Make an effort to get out and meet people today. You need some fun and laughter in your life and you won't get it from waiting. Be the sort who makes things happen.

Pisces

Feb. 20 - March 20

It's unlikely you will be in a serious mood today and that's good, but some people may take it as a mark of disrespect. Well, too bad. They'll have to live with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Bible: Abraham's offering to God
6. Shout
10. Queen's 'Bohemian', e.g.
14. Workday food time
15. Jai's friend
16. Wish
17. 1961 Pierre Berton book classic, with The: 4 wds.
20. Welcomes a client at reception: 2 wds.
21. Pub serving
22. Daze
23. Headland
25. Kevin __, Canadian on "Shark Tank"
27. Required
31. Hammers and saws
33. Rat's retreat
34. Site of Newfoundland's oldest surviving lighthouse, also North America's most easterly land point: 2 wds.
38. Spin
39. Sacred choral piece
40. Montreal-born actress Ms. Lee
41. Getaway from The White House: 2 wds.
43. Waist circumference
44. "Jump" by Van Who?
45. Marching bands gear

46. Community in southern Ontario north of Waterloo
49. Friends of 'Fis'
51. Cacharel perfume
52. AOL exchanges
54. Silent-movies-to-talkies flick, "The __"
58. In Canada, as examples... No Frills, PriceSmart Foods and Food Basics: 2 wds.

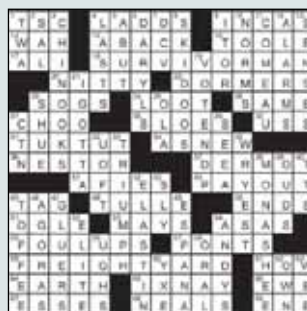
62. Approximately: 2 wds.
63. Weight allowance
64. Prince Charles' realm
65. Cry
66. "My word!"
67. "__, __...that's where you've got it wrong..."

2. Does lawyering
3. 'Accept' suffix
4. Territorial measure
5. Country singer Kenny
6. Dullsville declarations
7. Fitting-here gr.
8. Ms. Spencer of "Good Morning America"
9. BC district on the

- Fraser River
10. Pi's follower
11. Teamsters leader Jimmy (b.1913 - d.????)
12. "I am just __ boy..." - Simon & Garfunkel, "The Boxer"
13. Buddy Holly's "Sue"
18. Even
19. Some computers

24. Drugs like Lipitor
26. Vivacity
27. Drug deal buster, commonly
28. Philosopher, Zeno of __
29. Pre-HS
30. Mount Parnassus overlooks this 'oracle' city in Greece
32. Newspaper piece, __
34. Quathiaski __, BC
35. 12-star coin
36. Memo notation, for short
37. Hurrays!
39. Arctic dog, Alaskan __
42. Racecar driver Mr. Franchitti
43. Historic neighbourhood of Vancouver
45. Whirring sound
46. Fund
47. France's longest river
48. En __ (All together)
50. Confined amidst bars
53. Hosiery annoyance
55. Flight-related UN Agency based in Montreal [acronym]
56. Salts, in Sherbrooke
57. Lumberjack's target
59. Police officer
60. __-la-la
61. Opposite NNW

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	2	5	4	6	7	3	9
9	5	6	1	3	7	2	8	4
4	7	3	9	2	8	1	5	6
7	4	5	6	8	3	9	1	2
2	1	8	4	9	5	3	6	7
3	6	9	2	7	1	8	4	5
8	9	1	7	5	4	6	2	3
6	2	4	3	1	9	5	7	8
5	3	7	8	6	2	4	9	1

1	2					7		8
		4	9	6			3	2
3				5	2		9	
			9		3	8	6	
		3		6		2		
	6	4	1		2			
	3			9	7			4
4	5			6	9	2		
7		2					1	3

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Wednesday



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